

JUL 23 2009

**In the United States Patent and Trade Mark Office**

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In re application of : DANNY ADCOCK  
Title: EXERCISE DEVICE  
Serial Number: 10/537240  
Filed on : 26 November 2003  
10 Correspondence Date: 1 May 2009 and 16 July 2009  
Examiner: Allana Lewin  
Art Unit 3764

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15 Amendment and Response to First Official Action mailed 23 January 2009 and to the  
advisory action dated 1 May 2009

Commissioner of Patents  
P.O. Box 1450  
20 Alexandria VA 22313-1450

Sir,

25 This amendment is in response to the office action mailed to the applicant on 1 May  
2009.

- A Set out below is a complete listing of the claims.  
B The listing includes the text of all pending claims ( including withdrawn claims)  
30 C Each claim includes a status identifier.

Please amend the above application as indicated below:

In the claims:

35 **Claim 1-26 are cancelled from the application**

**Claims 27 - 53 Added**

Revised Claims:

40 27 (Currently Amended) A device for the exercise of the musculature of the upper  
arm, the device comprising: telescopically assembled co operating inner and outer tubular